

Sing *it* loud!

Your voice reflects your personality, your mood and your physical fitness, yet we often neglect it. So how can you hit the high notes with your most important instrument, asks Maria Anguita?

CASE STUDY: 'Soul Voice helped me come to terms with myself'

Anne, an actress from London, had tried many approaches to relieve emotional stress when she felt that the soul voice method of healing could help her unlock deeply-rooted elements.

"I went to practitioner Chantal Fabrice at a time when I felt like I had lost my purpose in one of my career choices and that I was in a constant flow of failed relationships. During the sessions I experienced sounds that you would not expect, but when I let myself go and accepted the healing I got visions and recalled memories that made sense with the affirmations that Chantal had helped me create. I also had the chance to actively sound, taking me places I had not expected, including one long period of what I can only describe as me sounding like Native American mourning.

Within three sessions I had released my grief over my non-relationship with my father (and approached him to create one), and realised that my loss of purpose in my acting career was a loss of the anger that had been my driving force.

I now feel completely free of some burdens I had been carrying around for over 20 years, and I have come to a place of forgiveness and compassion for people who I thought I would have cut out of my life forever. I am in a place where I can move forward uninhibited, embracing myself as whole." Visit castlewoodtherapies.co.uk

Did you know that your voice is a reflection of your soul and that its sound reveals aspects of your true emotional and physical self? Voice and sound have been used as a powerful and effective tool for improving wellbeing, relieving stress and improving confidence for thousands of years. The ancient Egyptians and Greeks were aware of the remarkable healing power of sound, and often composed and performed music with the purpose of healing. In India, a form of yoga called nada uses sound vibrations and resonances and it is based on the premise that the entire cosmos and all that exists within it, including human beings, consist of sound vibrations called nada, from where it derives its name.

TURN ON AND TUNE IN

How voice therapy works...

Depending on what you want to get out of a session, a practitioner will either help you find your inner voice through a mixture of chanting, vocal exercises, movement, and meditations. Other times, the practitioner will use the tones and overtones of his or her own voice, ancient and contemporary instruments to bathe the body in relaxing sounds. This 'sonic massage' helps the system to balance itself by releasing the denser energy that can hold the body in an unhealthy state. The ultimate purpose is to create space in your inner soul and to re-programme your cells with a positive and harmonious tune.

SOUL VOICE

Karina Schelde, pioneer in sound healing, developed the Soul Voice method to support and empower individuals into full realisation of their potential and their life vision, on the premise that "the human voice is superior to all other instruments because it has a soul, heart and consciousness, and because it reflects the spiritual resonance of the person making the sound." For more information and for a list of practitioners in your area visit soulvoice.net